



TOUCHING BASE

Chavez to relieve Ensor as CPRW-11

Capt. Carlos Chavez will relieve Capt. Adreon Mark Ensor as commander, Patrol and Reconnaissance Wing (CPRW) 11 in a Change of Command ceremony at 11 a.m. on Jan. 29. Rear Adm. Richard Brooks, commander, Patrol and Reconnaissance Force Atlantic, will serve as the guest speaker at the ceremony in the Jay Beasley Hangar.

Driver improvement course offered

From the Base Safety Office

The NAS Jax Safety Office is offering an eight hour AAA Driver Improvement Course on Jan. 29 from 7:30 a.m. to 4 p.m. in Building 1, Room 128. This class is required for anyone receiving a moving violation while on base driving a private vehicle and anyone receiving a moving violation on or off the base while driving a government vehicle.

The class is limited to 20 students and will be offered each month. This course does not meet the requirements of a State of Florida mandated driver improvement course and will not remove points off your record for any ticket received off the base. To sign up, call 542-3082.

Pastoral Care offers grief counseling

Naval Hospital Jax will offer a Grief Reconciliation Group for persons who have recently lost a loved one. A seven-week course beginning Jan. 27, at 3:30 p.m. in the Pastoral Care Department of the hospital, the Grief Reconciliation Group is designed to assist with emotional and spiritual healing. If you have lost a loved one and would like to participate, please call Chaplain Beede at 542-7531.

WEEKEND WEATHER



FRIDAY 28/48
PARTLY CLOUDY



SATURDAY 28/55
CLEAR



SUNDAY 38/62
CLEAR

Seven-day forecast available at Naval Atlantic Meteorology and Oceanography Facility Jacksonville's Web site: <https://www.nlmof.navy.mil>

New bar code decals issued

By JO1 Mike Jones
Assistant Editor

Military members and civilians working aboard NAS Jacksonville recently began receiving new bar code decals for vehicles. Motorcycle riders are not required to obtain the bar codes for gate entry.

The new bar codes will not replace the standard military decals required for privately-owned vehicles to enter the gates, explained NAS Jacksonville Physical Security Officer Norm Livingston. "This is a NAS Jacksonville-specific access control tool," he said. "We have installed bar code readers at our gate as part of our increased security measures. The goal of that is to control access of vehicles during increased force protection conditions."

The bar code readers, installed as part of the Military Access Control System (M.A.C.S.) resemble many of the security systems that exist at various gated communities, Livingston noted.

As a vehicle passes a scanner, the data is processed indicating a person's status as essential personnel, Livingston explained. "That data will



Bar code decals need to be affixed to the rear passenger window on the driver's side of your vehicle as shown. Proper decal placement is essential in order for the bar code to work.

Photo by JO1 Mike Jones

instantly let the gate guard know whether the driver is allowed to come on to the base," he noted. The upgrade greatly reduces the time it would take to manually verify a person's essential status, he added.

At present, all working military and civilians listed in their command's M.A.C.S. system are required to obtain the new

decals, Livingston noted. Personnel not working on base, such as retirees, are not required to get the new decal. "Essential personnel are identified by a command's M.A.C.S. administrator," he said.

Also, bar code decals will be issued to a maximum of two vehicles per household, Livingston stated. "Parking on base during increased

force protection measures will be extremely limited," he said.

Several locations were established to help in the mass issuance. Currently, decals are available at the Main Gate Pass and Decal Office and Building 610, second deck. Security personnel will continue to operate the issuance station at Building 610 over

the next few weeks. The issuance stations' hours of operation run from 7:30 a.m. to 4 p.m.

"Those required to obtain the bar codes need to bring the same information as required to get base decals," Livingston added. This includes drivers license, proof of insurance, registration and base decal number.

From the driver side of a vehicle, the bar code readers scan a person's data, therefore proper decal placement is essential.

"The decal needs to go on the rear window on the driver's side. At the issuance stations, we have a hand-out that explains and shows how to affix the decal properly," Livingston explained.

"The purpose of this is to expedite entrance to the base - make sure people can get through quicker," Livingston stressed. "This is to speed things up and, at the same time, increase our level of control. We certainly appreciate everyone's patience with this. Overall, we'll all be rewarded by the increased security this is going to afford us."

For more information about the new bar code decals, contact the Pass and I.D. office at 542-1470.

NavHosp Jax has dual mission

To provide care at home and to deploy

From Naval Hospital Jacksonville Public Affairs

Naval Hospital Jacksonville provides health care to beneficiaries in Jacksonville at the hospital as well as in its network of seven branch clinics located in Florida and Georgia.

The hospital and branch clinics mission also includes deploying when tasked with Navy and Marine units.

Typical units or platforms supported are Marine units and Amphibious Casualty Receiving and Treatment Ships. The largest single deployable unit is the Naval Hospital Jacksonville Fleet Hospital platform. Any and all deployable platforms could deploy and are maintained in a high state of readiness to respond to any tasking, anytime, anywhere. Navy med-



Photo by Loren Barnes

Capt. Robert Sorenson assisted by HM3 Cheryl Burrows, examines Family Practice patient Gloria Gortney. In addition to treating patients at Naval Hospital Jacksonville, Sorenson serves as the commander of 2nd FSSG, one of the hospital's deployable platforms.

ical support contingents are made up of personnel from the Naval Hospital Jacksonville and its

Branch Medical Clinics as well as from other Naval Hospitals in the continental United States. When

deployed, medical personnel would typically be assigned to beef up forward deployed forces anywhere around the world to augment medical assets that would operate in support of military operations in time of conflict.

One example of such a Naval Hospital Jacksonville platform is the 2nd Force Service Support Group (2nd FSSG). Similar to the MASH units portrayed in the movie and television series set in the Korean War, the 2nd FSSG is basically a surgical company. The platform has several elements including shock/trauma platoons that involve emergency medicine trained physicians, nurses and corpsmen. There are also multiple surgical platoons that include surgeons, anesthesiologists, certified nurse anesthetists, perioperative nurses and corpsmen. Other specialties are also included such as family physicians, pediatrics, and OB/GYN.

The largest of the Naval Hospital Jacksonville's medical contingents is the Fleet Hospital. Naval Hospital Jacksonville Executive Officer

See NAVHOSP JAX, Page 8

Remembering Dr. Martin Luther King Jr.



Photo by Miriam S. Gallet

On Jan. 15, military and civil service employees, retirees, family and friends commemorated the 74th anniversary of the birth of Dr. Martin Luther King Jr. The NAS Jax Multi-Cultural Awareness Committee and the Naval Air Depot EEOAC hosted this year's observance at the Base Chapel. King, who was born on Jan. 15, 1929 in Atlanta, Ga. and received the Nobel Peace Prize in 1964, was shot by a sniper's bullet 34 years ago in Memphis, Tenn. on April 4, 1968.

INSIDE

| | |
|-----------------------|---|
| Classified | 9 |
| Community Calendar .. | 8 |
| From The Doc | 2 |
| Hey Moneyman! | 2 |
| Jax Sports..... | 8 |
| Jax Tales | 7 |
| Meet a Civilian | 2 |
| Meet a Sailor | 2 |

EO UPDATE

Treat everyone as you would like to be treated

By QMCM(AW/SW) Kathy Cochran
CNRSE Equal Opportunity Advisor

Our nation was founded on the principle, that the individual has infinite dignity and worth. The Department of Defense, which exists to keep the nation secure and at peace, must always be guided by this principle.

In all that we do, we must show respect for the service man, the service woman, the civilian employee and family members, recognizing their individual needs, aspirations, and capabilities.

The defense of the nation requires a well-trained volunteer force, military and civilian, regular and

reserve. To provide such a force, we must increase the attractiveness of a career in the Department of Defense so that service members and civilian employees will feel the highest pride in themselves, their work, their organization, and their profession."

The Human Goals Charter was signed by Defense Secretary William Cohen on July 24, 1998 who stated, "This charter emphasizes our DoD commitment to ensure a military free from prejudice, free from indifference, free from hate and free from intimidation. As a surface Sailor, I am fortunate to have served with many NAS Jacksonville-based squadron officers and

enlisted on board USS Enterprise (CVN 65) and USS Harry S. Truman (CVN 75)."

"I was treated as an equal on the same mission, not as an outsider looking in on a world of jets and reactors," he continued.

"Our technology in warfare puts us above other countries, but it is the racial, religious, gender and generation X, Y, Z difference we possess as humans, that makes us the most powerful military in the world. I believe that the Navy is the most proactive Equal Opportunity Employer in the world," said Cohen

Prior to attending Equal Opportunity Advisor school at the Defense Equal

Opportunity Management Institute(DEOMI), I had never heard of the Human Goals Charter.

But, I feel this is a mission statement worth printing and posting everywhere, so that military and civilian personnel recognize the importance of treating each other with dignity and respect.

The charter provides goals that we must strive to achieve and can be downloaded from the following website: <http://www.dtic.mil/afps/lineart/980729a.tif>.

Please send your questions and comments about this article or other related topics to my email address cochranm@cnrse.navy.mil or call me at 542-3321.

A special note of thanks to all for your generosity

I can't thank everyone enough for a highly successful Christmas. The NAS Jax Emergency Food Locker was able to help 199 military families, which totals 837 human beings in need, not including emergencies.

The Food Locker operates on donations received from others who desire to make life a little easier for those less fortunate. Over the last month, the Food Locker has received tremendous support from many sources throughout the base, including Base

Chapel, CPOA, Commissary, Navy Wives Club, PSA, Blount Island, Facilities, FACSFAC, TPU, VP-5, Retired Navy Wives Club, VP-30, HS-75 Wives Club, CBU 410, Navy Exchange, Sailor of the Year candidates, Photo Lab, Fire Department, Search and Rescue school and the CPO Wives Club.

The Food Locker program has taken off in the last year and will be expanding its services to continue direct support to service members

and their families in need.

Please keep in mind that the number of families we can assist is dictated by the amount of support the food locker receives, and much is needed to maintain the Food Locker operating year round.

For information about the Food Locker call 542-3918.

Thanks for all your support.

ENC(SW) Jeff Wilke
MWR LCPO

FFSC offers educational and support programs

The NAS Jacksonville Fleet and Family Support Center Life Skills Education and Support Program is the foremost preventive measure for the avoidance of personal and family problems.

All FFSC workshops and classes are free of charge and available to service members and their families, and civilian personnel aboard the base.

Pre-registration is required. If special accommodations or handicapped access is required, please notify us upon registration. Contact 542-2766, Ext. 127 to register.

The following workshops

are available during January:

Jan. 24, 10 a.m. – noon – Money Management

Jan. 27-30, 7:30 a.m. – 4 p.m. – Transition Assistance Workshop (retiring)

Jan. 28, 9:30 a.m. – noon – Time Management

Jan. 28, 1-3 p.m. – Car Buying Strategies

Jan. 29, 9-11 a.m. – Career Exploration for Spouses

Jan. 30, 8 a.m. – noon – Divorce Adjustment Workshop

Jan. 30, 9:30 a.m. – noon – Child Support Information Workshop

Jan. 30, 1-3 p.m. – Volunteer Service Council

Military Spouse 101 briefing slated

From FFSC

On March 27, NAS Jacksonville Fleet and Family Support Center and Morale, Welfare and Recreation Department will team up to co-sponsor Military Spouse 101. This program is designed to make spouses who are new to the military or the local Jacksonville area better aware of Navy and community support programs and services.

The program will include a mini overview of available military services and get acquainted reception to meet the base commanding officer and other support personnel.

The event will kick-off at 6:30 p.m. at the NAS Jacksonville River Cove Conference Center. This program will be presented every three months during 2003. Childcare will be available and registration is required.

For additional information and registration, call 542-2766, Ext. 130.

HEY MONEYMAN

Hey, MoneyMan!

I need a loan to pay some basic bills but I am afraid that if I go to Navy Relief they will contact my command. How can I be assured that they will keep my personal information confidential?

MoneyMan Sez:

OK, admittedly this is a "planted" question, but the beginning of the year is a good time to plug the Navy's "money store." Our Navy and Marine Corps Relief Society (NMCRS) exists to provide financial, educational and other assistance to those in need. The society's confidentiality

policy states, "clients' personal information will remain confidential within NMCRS.

Staff members may not discuss client information, no divulge such matters to anyone, except on a 'need to know' basis."

Confidentially, of course, does not apply to criminal acts, misconduct or matters affecting good order, discipline and security of the command. In short, almost any discussion with a command about a client's request for assistance is done either by the client or with the client's permission. Navy Relief indeed helps a lot of folks!

In 2002, NMCRS saw 49,000 clients and provided more than \$40 million in assistance. In the Jacksonville office alone, more than 2,500 people were helped and \$1.37 million in assistance was pro-

vided to those in need. Rest assured that if you need financial assistance, the NMCRS office is the place to start.

By the way, you won't be the only one asking for help, because the local office alone sees 200 people and provides more than \$110,000 in assistance every month. Best of all, most of the assistance is provided by volunteers; people who give of their free time to see how they can help others. For more information, call 542-3515.

More questions? Call Hey MoneyMan at 778-0353.

W-2 forms available online

Beginning on Monday, all military active duty W-2 forms will be available online at the My Pay pages of the www.dfas.mil web site.

W-2 Forms will also be distributed by the Personnel Support Activity though base commands and departments by Jan. 31. For more information, call 542-2658/2761.

Employment assistance offered to military spouses

The Department of the Navy and Adecco have formed a partnership to create "Career Accelerator". Adecco, the world's largest staffing services company, and the Fleet and Family Support Center (F&FSC) at NAS Jacksonville are now in partnership to help military spouses build their careers.

Through this service, Adecco recruiters provide military spouses with career counseling, training and job placement at no cost to either the military or the spouse. An Adecco representative will be available at the F&FSC Wednesdays from 1 p.m. to 4 p.m. For more information, call Pat McDonald at 542-2766, Ext. 148.

Sunday Services

You are invited to the following Base Chapel Worship Services this Saturday and Sunday:

Saturday 5 p.m. - Catholic Mass

Sunday 8:30 a.m. - Protestant

Communion 9:30 a.m. - Catholic Mass

11 a.m. - Protestant Worship

Children's Sunday Class - Protestant Sunday School program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-noon.



Meet A Sailor...

PR3 JOSEPH MCCARTHY

Job title/command:
VS-32

Hometown: Newaygo, Mich.

Family Life: Married to wife, Kathleen, one son, Joey and a daughter, Elizabeth.

Past Duty Stations: USS Theodore Roosevelt (CVN 71)

Career Plans: To become a fighter pilot.

Most Interesting Experience: Sitting on the Roosevelt for 159 days straight during Operation Enduring Freedom.

Words of Wisdom: Watch everything that you sign. Read the fine print carefully!



Meet A Civilian...

LEZENaida TAYLOR

Job title/command:
Medical Support Assistant, Naval Hospital Jax

Hometown: Cavite, Philippines

Family Life: Married with three children and five grandchildren.

Past Duty Stations: NAS Barbers Point, Hawaii, NAS Moffett Field, Calif., NAS Lemoore, Calif.

Career Plans: To continue to work towards retirement at age 55.

Most Interesting Experience: Competing in the Marine 5K Mud Race in Lemoore, Calif.

Words of Wisdom: Never dislike people because their ways are different from your own or because they prefer different lifestyles, clothes or religion.

Got a consumer problem?

The following are phone numbers of agencies who can help with consumer problems:

NAS Jax Family Service Center - 542-2766
Better Business Bureau - 721-2288
State Attorney's Office Consumer Mediation - 630-2075
City of Jacksonville/ Consumer Affairs Division - 630-3467
Florida Department of Business & Professional Regulation - 1-850-487-1395
Construction Industry investigative services - 727-5590

Jax Air News

NAS Jacksonville Commanding OfficerCapt. Mark S. Boensel
Public Affairs OfficerCharles P. "Pat" Doolling
Deputy Public Affairs OfficerMiriam A. Lareau
U.S. Naval Air Station Jacksonville Editorial Staff
EditorMiriam S. Gallet
Assistant EditorJO2 Mike Jones
Staff WriterJO2(SCW) Eric Clay
Civilian Staff
ManagerEllen S. Rykert
Staff WriterKaylee LaRocque
Design/LayoutGeorge Atchley

The Jax Air News is an authorized publication for members of the Military Services. Contents of the Jax Air News do not necessarily reflect the official views of, or endorsed by, the U. S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, or The Florida Times-Union, of the products and services advertised. Everything advertised in the publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or refraction of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

Deadline for all routine copy is close of business the Friday before publication. Deadline for Classified submission is noon Monday. Questions or comments can be directed to the editor. The Jax Air News can be reached at (904) 542-1533 or (904) 542-3531 or by fax at (904) 542-1534 or write the Jax Air News, Box 2, NAS Jacksonville, Fla., 32212-5000. All news releases should be sent to this address.

The Jax Air News is published by The Florida Times-Union, a private firm in no way connected with the U. S. Navy under exclusive written agreement with the U. S. Naval Air Station, Jacksonville, Florida. It is published every Thursday by The Florida Times-Union, whose offices are at 1 Riverside Ave., Jacksonville, FL 32202. Estimated readership over 32,000. Distribution by The Florida Times-Union.

Advertisements are solicited by the publisher and inquiries regarding advertisements should be directed to:

Jax Air News

Ellen S. Rykert, Military Publications Manager
1 Riverside Avenue • Jacksonville, FL 32202
904-359-4168
Linda Edenfield, Advertising Sales Manager • 904-359-4336
Beeper: 904-306-3853 or 888-980-3874 • FAX: 904-366-6230

VP-5 recognizes top performers

By Lt.j.g. Nathan Rocklein
VP-5 PAO

PR1(AW) Steven Lucas, PN2(AW) Antonio Searcy and AO2 Chad Thomas were recently named VP-5 Sailor of the Year, Mad Fox of the Year and Junior Sailor of the Year, respectively.

As Maintenance Control leading petty officer, Lucas managed assets to meet an extremely aggressive flight schedule. This assignment is normally handled by chief petty officers. His efforts led to the command's impressive 92 percent mission completion rate. He also directed the maintenance efforts of more than 180 personnel on 10 P-3C aircraft.

Moreover, Lucas was a key element in the qualification of six newly assigned maintenance control coordinators.

"I am very excited about receiving this award," Lucas said.

His dynamic leadership and astounding technical expertise earned him his selection as Sailor of the Year. He was selected from an elite group of 250 highly-qualified and talented personnel.

"Lucas is a very experienced maintenance professional who continuously displays sustained superior performance at his job," said Maintenance Material Control officer Lt.j.g. Scott Bowen.

Lucas grew up in Steubenville, Ohio and joined the Navy on Nov. 22, 1983. Upon completion of boot camp, he attended Parachute Rigger "A" School where he received orders to Naval Weapons Center, China Lake, Calif. While there, he was chosen Sailor of the Month in March 1985 and was advanced to petty officer third class in June 1986.

In November 1987, Lucas transferred to VA-22 at NAS Lemoore, Calif., where he served as work center night check supervisor and was advanced to petty officer second class in 1989 under the Command Advancement Program.

In June 1991, Lucas transferred to NRD Pittsburgh, Penn. for a recruiting tour where he earned many recruiting awards and was selected as



Photos by PH2 Kim Smith

PR1(AW) Steven Lucas checks some maintenance records in the VP-5 Maintenance Control Shop.

district's Recruiter of the Month for August 1991.

In September 1995, he reported on board USS Enterprise and was assigned as 800 Division's leading petty officer. In June 1997, he was recognized as the AIMD Sailor of the Month.

During his next successful tour at VP-30, he served as Maintenance Control coordinator, and was awarded the Navy and Marine Corps Commendation Medal and advanced to petty officer first class in December 1998. He joined VP-5 in December 2000.

Searcy was selected Mad Fox of the Year because of his outstanding performance taking care of squadron personnel.

Searcy ensured that all pay and personnel matters were meticulously taken care of ensuring squadron readiness. He diligently tracked all transactions and maintained close liaison with the Bureau of Naval Personnel and Defense Finance Accounting Office.

"It's an honor to be selected for such a prestigious award. I had no idea I would be recognized for the award because I was only doing my job," said Searcy.

His superb customer service has set the standard in the Administrative

Department.

A native of Atlanta Ga., Searcy joined the Navy in May of 1993. After boot camp, his first assignment was with VF-154 in Atsugi, Japan where he was promoted to petty officer third class.

After completing Personnelman "A" School in Meridian, Miss., Searcy transferred to the Bureau of Naval Personnel in Washington D.C. where he quickly established himself as a hard worker, earning a Navy and Marine Corps Achievement Medal.

In July 1998, Searcy reported to VP-5 where he flawlessly provided personnel and administrative support to more than 349 enlisted personnel. In 2002, he completed paperwork for more than 670 pay documents, 34 reenlistments, 45 gains, 24 transfers and 10 separations.

"Searcy is a dedicated professional and the in-house shop expert. If anyone has the answer concerning pay or a personnel issue, Searcy will. Without his expertise countless hours would be spent looking up the right answer. His talent and commitment draws everyone in the shop up to a higher level of excellence and this is the reason why he deserves Mad Fox of the Year," said Lt.j.g. Scott Searles, personnel officer.

During his off-duty time, Searcy volunteers for the Real Men Read program at Lake Forest Elementary, and assists with VP-5 fundraising events.

Another award was presented to Thomas who was recognized as VP-5's Junior Sailor of the Year.

Thomas achieved superior performance while performing his duties as Work Center 230 shift supervisor. Thomas flawlessly directed the maintenance efforts of seven people throughout VP-5's inter-deployment



Photo by Kaylee LaRocque

Sharon Lane of the CNRSE Human Resources-Jacksonville Satellite Office sorts through some old files while packing for the move to Building 1.

HRO Satellite Office moves

By Kaylee LaRocque
Staff Writer

Staff members of the Commander, Navy Region Southeast (CNRSE) Human Resources-Jacksonville Satellite Office spent much of this week moving into their new spaces in Building 1.

The move which began Tuesday from their old spaces in the NAS Jacksonville Human Resources Office, located in Building 4 to their new home in Room 118, Building 1 is expected to be completed by tomorrow.

"We really haven't had much down time. Our phone numbers are all the same as well as, our email addresses. It's been a

pretty smooth move. Most of the office spaces and computer lines were set up before we even began packing. We're just moving in all our files and office supplies," explained Nancy Peacock, personnel management specialist with the satellite office.

The CNRSE Human Resources Satellite Office provides services to all civilian personnel working on base except the NAVAIR Depot.

"We handle staffing issues, classifications, workman's compensation, labor relations and any other problems or concerns our civilian workers may have. We have seven people including staffing specialists, labor relation specialists and special assistants working in this

office. Each member of our team handles different types of issues," continued Peacock.

Also included in the move is the Job Information Center. This self-service area allows workers complete access to computers to conduct online federal job searches, fill out resumes and to access their electronic pay and benefit services via the Internet.

The Job Information Center should reopen by the end of the week. The hours of operation are Monday through Friday from 7:30 a.m. to 4 p.m.

For more information on the satellite office or Job Information Center, call 542-2285/3252.



AO2 Chad Thomas, who flawlessly directed the maintenance efforts of seven people, performs a maintenance check on an aircraft at VP-5.



PN2(AW) Antonio Searcy ensures squadron personnel records are updated and all necessary documentation is safeguarded at VP-5's Administration Department.



Hazardous Waste Disaster Training



Lt. Mick Rooney conducts the classroom instruction portion of the drill and explains what the mock exercise will entail to base firefighters.

Fire Department personnel train for the worst

By JO2(SCW) Eric Clay

Staff Writer

The NAS Jacksonville Fire Department recently held a volunteer training program on the handling of hazardous waste and weapons of mass destruction. Unlike any other prior training conducted on base, this training revolved around the necessary clean-up measures to be taken immediately after a terrorist attack. Assistant Fire Chief Randy Hall taught the class and oversaw the actual hands-on exercise.

Fire Department personnel were asked to volunteer for this training because it is not a requirement for firefighters. The training lasted for two weeks and the firefighters came in on their off shifts to participate. Every member of the department participated in the training.

As firefighters prepared for the multiple-part exercise, Hall, a veteran firefighter trained in the handling of hazardous waste, utilized a story-telling format to conduct the training. Firefighters were told that a truck, possibly carrying a bomb, collided with a train carrying hazardous materials at the railroad crossing at the entrance of Westside Park across from the NAS Jax Main Gate. The driver of the truck, presumed to be a terrorist and dangerous, screamed words against the United States as he fled on foot into the wooded area. Even though the park is off base, it is still the responsibility of the NAS Jacksonville Fire Department and they must provide an immediate response.

According to Hall, the situation was to be a no-win situation for the crews to handle. "I made this exercise so hard that it couldn't be solved, but to my surprise, my guys handled it and proved me wrong," explained Hall.

Numerous props were used to simulate the accident, including the use of

water as corrosives, and an empty cardboard box with wires attached to simulate the bomb.

The firefighters had to display proper tactics for corrosive container removal, as punctures in 50-gallon drums had to be plugged and the containers had to be properly handled and removed to a designated hazardous waste handling area. During the exercise, in an attempt to keep the simulated hazardous material gases from spreading, Fire Department Engine One sprayed a protective mist of water over the entire area. They also used special chlorine kits to keep the hazardous waste from spreading to the surrounding areas.

After each part of the exercise was completed, the firefighters were required to walk through a decontamination staging area. In this area, each firefighter was assisted in cleaning up his protective gear before removal in order to prevent skin or area contamination. Scrub brushes and push brooms were used to remove all debris from the gear. "It is very important to make sure all hazardous materials and small particles are lifted from the protected suit, so no harm will come to the firefighters," explained Hall.

"The firefighter wanted to participate in this very specialized training because they feel it is their duty to protect and save human lives regardless of the circumstances.

The folks aboard NAS Jax are our most precious customers and they are worth every second we spend training both on and off-duty," Hall said. "Our customers are very important to us because the military members put their lives on the line to protect us and we want to do the same for them and their families. We want the military to know as they protect us, we are protecting their families at home."

Photos by
JO2(SCW)
Eric Clay

Firefighter
Russell Russ
puts on his
protective
hazardous
waste handling
suit as he
prepares for
the exercise.



Following the exercise, participants work their way through the tactical decontamination stage.



Hazardous Waste Disaster Training



Using a special chlorine kit, the firefighters stop the spread of hazardous waste chemicals during the simulated exercise.



Two members of the NAS Jacksonville Fire Department use a special hazardous material tool kit to evaluate and clean-up a simulated hazardous waste chemical spilled during the drill.



Firefighters repair a damaged cylinder during the mock hazardous waste handling exercise last week.



Firefighters simulate a decontamination station, scrubbing and washing away hazardous materials before allowing hazardous waste handlers to disrobe from protective clothing.



Firefighter Alex Ramirez laces up his boots after removing his decontaminated protective hazardous waste gear immediately following the exercise.



Assistant Fire Chief Randy Hall (right) watches as the firefighters repair hazardous waste containers during the drill.



A firefighter participating in the drill as a hazardous waste handler, receives a helping hand while removing his protective clothing after going through the decontamination staging area.

Without wasting a second firefighters repair a damaged hazardous waste-cylinder.



Fleet Hospital Sailors leave ‘Camp X-Ray’

By JOC Bill Austin
HSO PAO

Sea bags are being packed here as Sailors from Fleet Hospital 20 head home after nearly a year of providing medical treatment to a very unique kind of patient, suspected Taliban and al Qaeda detainees.

The bulk of Fleet Hospital 20 Sailors are based out of Camp Lejeune, N.C., but several from Naval Hospital Jacksonville answered the call to duty last year.

Fleet Hospital 20's tour may be over, but the mission here remains in full swing.

Last January, this remote almost serene duty station was tasked with building a detention facility to house captured combatants from Afghanistan. A Joint Task Force was quickly put together to handle this massive effort; the end result was the now infamous "Camp X-Ray."

Almost immediately, the nation watched the progress as loads of media from national and international agencies flew here to report on a story that is destined for the history books.

As the operation grew, so did the scenery on the edge of the Caribbean waters.

Working in the hot Cuban sun, Fleet Hospital 20 Sailors rolled their sleeves up and with the help of Navy Seabees, cleared a stretch of sage laden land and set up a series of connecting tents that would serve as their field hospital.

The tents were then filled with all the necessary hospital gadgetry needed to handle any medical situation that could arise.

Just eight days after the start of the set up, the first detainee arrived for treatment. The same quality treatment that service members and their families receive throughout the world.

Media attention immediately turned to the Fleet Hospital. Twice a week they came to be briefed, and to see first hand how the detainees fared under the skillful hands of the medical team. High-ranking military officials and members of Congress followed suit and the end result of the positive exposure changed world perception.

As months of day-and-night shifts provided patient care inside the tents, the field just beyond the barbed wire compound was changing fast. Construction was underway for a new detention facility and hospi-

tal that would eventually replace "Camp X-Ray" as well as the tattering tents of Fleet Hospital 20.

The new detention hospital lies within the same barbed wire compound and is an impressive permanent structure that looks like any other hospital you might visit, minus the watchful eyes of Army guards that are always present when a detainee is being treated or admitted.

Since December, reliefs have been arriving to replace members of Fleet Hospital 20, fresh faces energized and ready for the task at hand. "I've been here two days and I love it here," said a smiling Hospitalman Robert Harper, who flew here for a six-month hitch from Bethesda, Md. Harper has been working on the ward where some of his duties include administering medication to the detainee patients.

The mood of the departing group is upbeat. Many expressed pride in being able to play such vital roles in this historical event. Sailors like HM3 Monica Vanderlois, who heads back to Camp Lejeune in eight days. "I think it's really neat that there is a lot of other young people here that just came in the Navy, and we can come here and do this,"

said the Callahan, Fla., native. "I just feel very proud," she added.

"As I see the current staff of the Fleet Hospital transferring out, and the amazing job that they are doing, and the actual transition of them teaching the new corpsmen that are arriving on this corpsman driven mission, its truly an amazing thing. The attention to detail and the eagerness is amazing," said HMC Marvin Kitchens, who serves as hospital's senior enlisted advisor. "It's a personal drive for them to come here and do a phenomenal job and to do the right thing for something that has never been done before in Navy Medicine," Kitchens added.

One of the new faces on the block has been here before. Lt. Cambrai Reed, an original member of the Fleet Hospital team, volunteered to come back for a second tour. The changes she discovered that took place while she was away took her by surprise.

During Reed's group tour of the new compound, her eyes reflected that surprise of so many changes. Gone were the hospital tents that demanded so much of her attention during her last stay. "I can't believe how different everything looks," said Reed, as she walked through the shiny new hospital.

Her previous wisdom no doubt will come in handy to the shipmates that arrived with her. "I was happy to come back and share some insight to those who haven't experienced this kind of unique environment. This is cutting edge here," she added with a smile.

The Fleet Hospital 20 Sailor with the most time under her belt just happens to be the current Officer-in-Charge, Cmdr. Jaime Carroll. She has been here since the clearing of the land of the entire compound and soon will be packing her bags as well. She said that she is proud of her shipmates, and was more than happy to testify on their behalf.

"The credit and success of this mission here with Fleet Hospital 20 goes to all the people who have been here since the very beginning," said Carroll. "Our Commanding Officer, Capt. Pat Alford, and every single individual who has been out here working as a team, and being committed to this mission," she added.

And so as this medical team packs up their belongings and prepare to fly home, they stand "properly relieved" from their very close connection to Operation Enduring Freedom.

VS-24 announces Sailor of the Year

By Lt.j.g. Robert Shuman
VS-24 PAO

Commanding Officer, Cmdr. Brad Robinson recently announced the selection of PR1(AW) Richard Miller as Sailor of the Year of VS-24. Miller's outstanding attitude, teamwork and dedication to VS-24 contributed to his winning this award.

Miller stated he was "very humbled" by the announcement, but stressed that it is not an individual award. "Without teamwork, this would not be possible," explained Miller. "Taking care of your people is the most important ingredient for the success of the squadron. If you communicate with your people and you are on the same page, they will understand what is expected of them."

Miller is currently filling a chief petty officer's billet, and has successfully led three squadron members during two detachments to Puerto Rico and Fallon, Nev. in 2002.

He is always counted on for his positive attitude and smile to help maintain morale. "If you keep people happy, they will be more productive," he said.

Miller enjoys his work and gets satisfaction from knowing that "Scout" aircrew depend on him for their safety and survival. The Parachute Rigging (PR) Shop of VS-24 works long and hard preparing for what Miller calls the "just in case factor." Miller takes



Photo courtesy of VS-24

Cmdr. Brad Robinson announces PR1(AW) Richard Miller as VS-24's Sailor of the Year during a recent squadron quarters.

pride in knowing that the equipment is ready and that crews have been properly trained on how to use it just in case the need should arise.

In addition to his skilled work in the PR shop, Miller always pitches in when needed. Whether assisting with the removal and replacement of a throttle cable on the S-3B Viking or helping out with an inspection, Miller is always willing to assist squadron personnel in any way possible.

Miller enlisted in the Navy in 1987, attending Aircrew Survival Equipmentman Course A1, in Lakehurst, N.J. According to Miller, the most reward-

ing experience of his distinguished career was as an instructor at the Naval Air Technical Training Center (NATTC), NAS Pensacola.

While there, he was named the 1999 NATTC Junior Instructor of the Year.

Family is also a vital ingredient in Miller's success. His wife, Theresa, and their two daughters, Samantha and Alexandra, understand the importance of his job and why he puts in long hours away from home.

Miller looks forward to becoming a chief petty officer and becoming a water survival instructor.

Sea Control Weapons School honors Crosson

From Sea Control Weapons School

IS1(AW) Jonathan Crosson was recently selected as Sea Control Weapons School Sailor of the Year for 2002. Crosson's performance stands out not only in his duties but also in his ability to inspire others to perform to their utmost ability while stressing the importance of teamwork. His leadership and values make him an invaluable member of Sea Control Weapons School and the United States Navy.

Crosson was born and raised in Dallas, Texas. He graduated from high school in June 1992 and enlisted in the Navy that same year. After graduating from boot camp in San Diego, Calif., he reported to USS Saratoga (CV 60) as an undesignated fireman recruit where he performed the duties of a boiler technician in the main machinery room.

After USS Saratoga's final cruise, Crosson was selected to attend Intelligence Specialist "A" School in Dam Neck, Va. Upon completion of "A" School in January 1995, he was promoted to third class.

In March 1995, Crosson reported to VS-32 at NAS Cecil Field. While attached to the Maulers, he performed the duties of assistant security manager, training aircrew on current intelligence and threat recognition, and was a mission planning/joint cell night supervisor. Just prior to transferring, Crosson was designated as an Enlisted Aviation Warfare Specialist, Junior Mauler of the Year for 1996, and Junior Intelligence Specialist of the Year for 1996.

Crosson checked into Ocean Representative Panama, in March 1997, where he immediately became instrumental to operations. After two months



IS1(AW) Jonathan Crosson

on board, he was designated motorboat officer-in-charge. Crosson was promoted to second class on Oct. 16, 1997. As the base in Panama closed, Crosson was instrumental in moving the command twice and setting up the final office located in the Defense Attaché Office, Panama.

In June 2000, Crosson reported to Sea Control Weapons School, NAS Jacksonville, for instructor duty. He was promoted to first class on Dec. 13, 2000. His responsibilities include intelligence and research and analysis.

Crosson performs command duties as supply petty officer, PRT coordinator, first lieutenant, training and fire warden. In addition, he served as the Sea Control Weapons School CPR instructor, special projects petty officer, and a radar electronic warfare evaluator in support of the Sea Control Advanced Readiness program.

Crosson will transfer to USS Cowpens (CG-63), Yokosuka, Japan, in April 2003.

Crosson's steadfast deportment, combined with sustained superior performance and a stellar appearance, has established him as a superstar in the "VS," as well as, the intelligence community. His core values of honor, courage and commitment make him a natural selection for Sea Control Weapons School Sailor of the Year.

Training Resource Strategy targets effectiveness and efficiency

By Commander, Fleet Forces Command Public Affairs

The Commander U.S. Fleet Forces Command has developed a comprehensive Training Resource Strategy (TRS) to better coordinate use of existing East and Gulf coast range training facilities and improved simulation technology now available to the fleet.

"Our Training Resource Strategy is the future of battle group training," said Adm. Robert Natter, who serves concurrently as Commander Fleet Forces Command and Commander U.S. Atlantic Fleet. "It will enable us to effectively and efficiently train our ships, aircraft and Sailors to deploy combat ready for whatever mission they're tasked to accomplish."

In implementing the TRS, the

Atlantic Fleet will distribute aircraft carrier battle group training among existing training ranges and facilities throughout the Atlantic Fleet region, including Virginia, Maryland, North Carolina, Georgia and Florida, and at ranges in the Atlantic Ocean and Gulf of Mexico. Additionally, the Navy is increasingly relying on use of improved simulation technology. Through geographical and technological diversification, the Navy is enhancing its training flexibility and effectiveness.

Efficient use of existing training ranges throughout the Atlantic Fleet region is a vital element of the strategy. Today, all services are fighting - and training to fight - the global war on terror together.

Virtual At-Sea Trainer is a system which allows a ship's crew to

see a realistic simulation - for example, a landmass with the topography of a 'real world' target - which corresponds to an area actually located over open ocean.

During training exercises, the operator fires at the simulation. The ordnance actually lands within an array of buoys in the water. Exercise evaluators monitor the target practice from a computer screen located either on board a ship or somewhere ashore.

Developed by the Office of Naval Research and tested by the U.S. Atlantic Fleet, this virtual reality training is one example of Navy efforts to keep Sailors combat ready as weapons systems become increasingly advanced. In addition to programmable targets, VAST has another distinct advantage: It is portable. Ships can take the at-sea trainer -

including the firing range - with them wherever they go.

The portable 'range' is made up of several buoys that form the target area. These buoys are actually placed into the water by the ship conducting the training.

Once the ship positions itself at the proper distance from the buoy field, it engages and shoots at the virtual target. Ordnance falls into the buoy field, which in turn triangulates the point of impact. The Integrated Maritime Acoustic Scoring And Simulator buoy system is equipped with Global Positioning System sensors that enable accurate triangulation of the rounds.

The Navy is also using simulation technology in integrated shipboard combat scenarios. Ships are receiving suites that training teams can use to construct scenarios that include real-

istic geography, threats and simulated radar pictures.

Artificial constructs allow teams in Combat Information Centers, Task Force Command Centers and Combat Decision Centers to work through a scenario and mirror an exercise at sea. Training teams can simply inject the track of a target into the battle group's collective radar picture, and the battle group can work through response options just as if they were out at sea.

Preparing combat-ready naval forces is changing as the geographical and technological landscape evolves. Through efficiently recognizing and employing these resources, Sailors will increasingly enhance their readiness.

For related news, visit the Navy Vieques Navy NewsStand page at www.news.navy.mil/local/navyvieques.

NavHosp Jax case managers help patients navigate healthcare system

By Loren Barnes
NavHosp Jacksonville Public Affairs

“He has opened the door! That’s what he’s done. It’s just wonderful!”

That’s how patient Dolly Simpson described her experience with Naval Hospital Jacksonville Family Practice Case Manager Lt. Matthew Rivera. In fact, Simpson, whose doctor is Lt. Sharon Reinertsen, has been pleased with her treatment all around. “I’ve had such wonderful care. It boosts me up, it really does, to know I have this kind of care,” she said.

Simpson, a Starke, Fla. resident, is the widow of a retired Air Force service member. After suffering a stroke in February, Simpson’s world changed. Always an independent woman, she once ran her own florist shop. Now, she faces months of therapy to come back from significant physical impairments, including paralysis of her right arm and leg as well as speech difficulties. At the same time, she has to deal with the complexities of the health care system while struggling to maintain health coverage on a modest fixed income.

Simpson describes herself as, “a fighter from day one.” With the help of Reinertsen and a host of other medical professionals, she’s recovered to the point that she speaks quite clearly and is getting around well with a walker. She’s not ready to settle though. Her next goal is to walk with a cane and once again take leisurely strolls along the lane in front of her home.

Having no family members nearby, Simpson relies heavily on help from friends and her church. And she says they have truly been there for her, looking after her and making sure she gets to all of her appointments. Still, she needed some professional help negotiating today’s healthcare system.

That’s where Rivera and Naval Hospital Jacksonville’s Case Management Program stepped in.

“Case Management,” according to Senior Case Manager Therese White, “is the coordination of care for our enrolled population. Basically, it’s making sure they get the right care, at the right time, in the right place by the right provider,” she said. “Especially, the patients with complex or acute, life-threatening, medical problems. They need someone to help them navigate through the system. Because some of their care may be provided here and some might be provided out in town with a civilian specialist, they need someone to help them map that care and to help communicate back to their primary care manager what’s going on. The primary care manager is ultimately going to orchestrate who they need to see.”

In addition to helping the patient navigate the complexities of the system, Case managers support providers in establishing a more comprehensive plan to return the patient to optimal functioning. They also serve as a bridge to matching needed resources to the patients’ TRICARE benefit or other health insurance coverage and they help the patient and the family make informed decisions.

White pointed out that case management also saves the physician a lot of time. She said, “The time they would spend trying to navigate through health benefits, specialty appointments, billing concerns, getting medications, etc. we can save by doing it for them. That’s time they can use to see other patients.” She added, “While there is an ultimate goal of cost-savings in terms of maximizing physician time, providing



Photo by Loren Barnes

Case Manager Lt. Matthew Rivera and Physician Lt. Sharon Reinertsen meet with patient Dolly Simpson during a follow-up visit to Family Practice.

direct patient care and reducing duplicity of care and unnecessary appointments or treatments, the real goal is to have a good patient outcome in terms of their health.”

Naval Hospital Jacksonville’s Case Management Program is designed to include the patient as partners in their care, according to White, especially for people with chronic diseases such as diabetes, asthma, hypertension and chronic lung disease. “What we’re trying to do is have them become a partner in the treatment and care so that they become proactive players and hopefully reduce the chronic, long-term affects of the disease,” she said.

One thing that sets Naval Hospital Jacksonville’s case management program apart is that it is family centered said Rivera. “The patient and the family is in the middle, all the services are coordinated to them, covering all age spectrums,” he said.

Rivera accomplished a great deal in streamlining Simpson’s care. Taking the holistic approach, the hallmark of case management, he coordinated visits to cardiologists, neurologists, a vascular surgeon, a dietician and a diabetes specialist in addition to her physical therapy.

“A lot of what we do deals with the social aspect,” Rivera said. “Providers don’t have the time to really get into that. Whether it is transportation issues, financial issues, mental health issues, family issues or housing, they all play a big part in how the patient is going to be compliant to their treatment.” He explained, “It’s ineffective if we are telling a patient on one hand that they need to take these medications and follow this treatment plan, yet the patient is looking for housing because it’s not adequate or they don’t have the finances to get the medication refills. The case manager tries to find other agencies or social networks that can help meet those needs, so the patient can be successful in the medical treatment plan.”

Simpson had been commuting 30 miles to Gainesville twice a week for therapy, relying on friends for transportation. Thanks to Rivera, she now receives therapy at Shands’ Outpatient Rehabilitation Center in Starke. Rivera also helps coordinate all her visits to the Naval Hospital so she can accomplish as many of her appointments as possible in each trip. And he helped resolve a benefits issue by working with the hospital’s Health Benefits Advisors to split funding for her therapy between Medicare and TRICARE for Life.

Simpson recalled the relief she felt when Rivera resolved her payment issues. “He got it through. He faxed

everything down there and we got a prescription for therapy in one week. I’m starting tomorrow. Oh, I’m tickled,” she said.

“Much of the job is providing patients reassurance and giving them one person to go to who can solve their problems,” said White. “Case managers can’t necessarily anticipate every problem that’s going to happen and fix it ahead of time. We’re not that superhuman!” White said. “Often, we can solve a lot of problems on the phone. That way the patient doesn’t have to travel here and they don’t have to interrupt a physicians day if it isn’t a medical complaint that requires evaluation and treatment.”

Case management is proving its worth throughout Naval Hospital Jacksonville and its Branch Medical Clinics (BMCs). Evolving from what was once a program geared primarily to active duty and catastrophic cases, with full support from the Navy’s Bureau of Medicine (BUMED), the program is expanding. Today, there are 11 case management nurses and social workers on staff and the program offers case management resources for inpatient discharge planning, the Internal Medicine Clinic, the Family Practice Clinic, Pediatrics, Women’s Primary Care Health Care Services, high risk and complicated obstetrics, cases involving teen pregnancies and single moms, women’s breast care, diabetic care, gastric bypass surgery cases and orthopedic total joint surgery.

Six of the hospital’s seven BMCs now have nine case managers on staff as well. “Having case managers at the BMCs should be a tremendous advantage,” White said, “in that active duty members at the various bases will be able to deal face-to-face with their case managers on sensitive issues.”

BUMED is also providing a web-based, case management software program, which will be tailored to military treatment needs. Because it is web-based, if a patient is sent to another military treatment facility, the case managers there will be able to pull up that patient’s record and see what the plan of care is and continue it. The program is projected to be online in Spring 2003.

While the case managers in the Family Practice Clinic coordinate care mainly on the more complex geriatric patients, Pediatrics Case Manager Lt. Cmdr. Alicia Morrison, and Advanced Social Work Case Manager Kathy Johnson deal with the other end of the age spectrum. They see children ranging in age from birth to 21. They

TRICARE preventive services available

From NavHosp Jacksonville Public Affairs

TRICARE Clinical Preventive Services can help you stay healthy through prevention and early detection of health problems.

TRICARE Clinical Preventive Services are available through your doctor at age appropriate intervals. They include diagnostic tests and immunizations appropriate for all TRICARE beneficiaries as well as some tests specifically for men or women.

TRICARE Clinical Preventive Services include comprehensive physical exams, plus screening for cancer, heart disease, high blood pressure, cholesterol, blood lead and infectious diseases like tuberculosis, rubella and hepatitis. This benefit also covers immunizations for childhood diseases, flu, pneumonia and hepatitis.

Preventive services specifically for women include screening procedures for cancer of the breast and the female reproductive organs. Preventive services for men include testing for testicular and prostate cancer. The following guidelines apply to these preventive services:

For Women:

Breast Cancer

Physical Examination: For women under age 40, physicians may elect to perform a clinical breast examination for those who are at high risk, especially those whose first-degree relatives (mother and/or sister) have had breast cancer diagnosed before menopause. For women age 40 and older, annual clinical examinations should be performed.

Mammography: Baseline mammogram at age 40; every two years between the ages of 40 and 50; annually age 50 and over. For high-risk women (family history of breast cancer in a first degree relative), a baseline mammogram should be performed at age 35, then annually after that.

Cancer of Female Reproductive Organs

Physical Examination: A pelvic examination should be performed in

conjunction with Pap smear testing.

Pap smears: Annually starting at age 18 (or younger, if sexually active) until the patient has three consecutive satisfactory normal annual examinations. The frequency may then be less often at the discretion of the patient and clinician, but not less frequently than once every three years.

For Men:

Testicular Cancer

Physical Examination: Clinical testicular exam annually for males ages 13 to 39 with a history of certain testicular disorders.

Prostate Cancer

Physical Examination: Digital rectal examination should be performed annually for men 40 to 49 years of age who have a family history of prostate cancer and for all men over 50.

Prostate Specific Antigen (PSA)

Should be performed annually for the following categories of males: all men aged 50 years and older; men aged 40 years and over who have a family history of prostate cancer; and men who have had a vasectomy at least 20 years previously or who had their vasectomy at age 40 years or older.

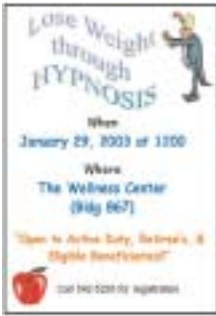
The following guidelines apply to most TRICARE Prime clinical preventive services:

- They are available to all Prime enrollees.
- They do not require an authorization.
- They do not require a co-payment.
- If performed by a network provider, they do not require a referral.
- If performed by a non-network provider, a PCM referral is required.
- They must be performed in a physician’s office.

For TRICARE Extra and Standard beneficiaries:

- There is no preauthorization required.
- There may be cost shares associated with the individually listed TRICARE services.

For more information or clarification regarding clinical preventive services, you may call the Beneficiary Services Line at (800) 444-5445.



HIPAA, TRICARE, and your privacy rights

*From the Naval Hospital
Jacksonville Health Benefits Office*

As a beneficiary of the Department of Defense Military Health System (MHS) and TRICARE, one of the basic rights that you have, aside from the right to receive quality health care, is the right to keep private your health care information. The Health Insurance Portability and Accountability Act (HIPAA) of 1996 established health care standards or "privacy rules" that all U.S. military and civilian health care providers, hospitals and organizations are required to follow to protect the privacy of health care information from unauthorized disclosure or use. TRICARE will implement the new privacy rules on April 14.

Under HIPAA privacy rules, the MHS is required to inform you about how your personal health care information is used, provide guidance on your privacy rights, and limit use and disclosure of your personal health care information to the minimum required. To increase beneficiary awareness regarding these new privacy rules, beginning in November 2002, a copy of the MHS Notice of Privacy Practices will be sent to each TRICARE sponsor listed as eligible in the Defense Enrollment Eligibility Reporting System. Beneficiaries will be asked to acknowledge receipt of this privacy notice during their first scheduled

appointment after April 14 at their local military treatment facility (MTF).

"The MHS has always had privacy and patient confidentiality standards in place to limit unauthorized access or disclosure of personal health care information," said Navy Cmdr. Sam Jenkins, HIPAA Privacy Project Officer, TRICARE Management Activity.

"These new privacy rules provide TRICARE beneficiaries with additional safeguards for ensuring their health care information is adequately protected and appropriately used by the MHS and TRICARE to provide quality patient care," Jenkins said. Permissible uses of health care information include treatment, payment for services provided and operations such as patient billing or appointment scheduling.

Under the privacy rules, you have the right to receive a notice of MHS privacy practices from the MTF; access, review and receive a copy of your personal medical record or health care information on file at the MTF; request a change or correct an error in your medical record; know how, when and to whom your medical information is disclosed; file a grievance with the MTF regarding a privacy concern; and finally, provide written instructions on your personal preferences regarding use and disclosure of your personal health information.

Your personal health care informa-

tion may be disclosed to other health care providers such as specialists, pharmacists, or laboratory technicians who, at the request of your primary care manager, may need access to your private health care information to provide you with optimal care.

MTFs may not share your personal health care information with outside sources for marketing, health care research, or any other reason without your knowledge and written consent.

Privacy officers are located at every MTF and serve as beneficiary advocates for privacy issues and will respond to inquiries from TRICARE beneficiaries who may have questions or concerns regarding personal health care information or the new privacy rules. Privacy officers will ensure that private health care information remains accessible to beneficiaries and their providers and protected from unauthorized access.

Beneficiaries who have questions or concerns regarding their privacy rights may contact their local MTF privacy officer for assistance. A copy of the MHS Notice of Privacy Practices is available on the TRICARE Web site at www.tricare.osd.mil/hipaa. Additional information on TRICARE and the HIPAA privacy rules is available at this site.

Information is also available at the Naval Hospital Jacksonville Health Benefits Office or your nearest TRICARE Service Center.

will maintain essential services such as keeping the emergency room open and operating room capability up and running. In most scenarios, all services will continue uninterrupted. Most of our staffing adjustments will be transparent to our beneficiaries. However, should staff members deploy, their appointments and procedures will be redirected to other clinicians. We ask for patience and understanding on the part of our beneficiaries, should we have to reroute or reschedule general medicine or surgical appointments.

Our pharmacy is nearing completion of reconfiguration that has caused the waiting time to be longer. In early February the renovation should be completed. The prospect of potentially deploying pharmacy personnel should have no negative impact on our ability to continue uninterrupted pharmacy services. Our recent increase in civilian staff in the pharmacy should minimize the impact on pharmacy services.

The hospital is also committed to fully supporting the Branch Medical Clinics so they can give our active duty on the home front the best care possible. We're aware that we have the responsibility and the privilege of caring for family members of active duty service members as well as retirees and their families. So we balance our dual mission of deploying with war-fighters and continuing care on the home front. That's why we are committed to maintaining our Primary Care services that are so vital to our Navy family. Beyond those priorities the hospital will continue to provide specialty care as we have specialists to provide it.

At Naval Hospital Jacksonville and in our Branch Medical Clinic, our mission and our calling is to deliver care that is "Simply the Best," whether here at home or deployed around the world."

*What will
case management
do for me?*

- Help you with getting the health care that you need.
- Develop an individualized care plan.
- Help you with community or other federal support systems you may need.
- Assist Discharge Planners should you be admitted to a hospital.
- Help you understand your medical insurance.
- Assist you to take control of your situation and make decisions that positively affect your health.
- Help coordinate services among your providers.
- Assist you with making appointments for services you need.

CASE MANAGERS: Guides through the healthcare system

From Page 7

are currently managing 40 enrolled cases and another 60 who receive episodic, referral management.

Morrison explained that Jacksonville is designated an Exceptional Family Member (EFM) Program Category Five Area meaning that it is an area that can support multiple seashore rotations. The Navy makes every effort to billet families with Exceptional Family Members in such areas to make it possible for them to remain in one location long-term. This is done because the needs of the EFM's are highly specialized as to complexity and/or severity and therefore maintaining continuity of care is essential.

The case managers see a lot of children that have exceptional needs, children with serious health issues such as asthma, cerebral palsy, cancer and autism. These children require a variety of services from numerous community services and Morrison and Johnson are devoted to coordinating that care. "We spend a lot of time working referrals through TRI-CARE, helping parents navigate the system and getting in contact with the right resources," Morrison said.

Morrison said case managers from other MTFs dealing with EFM patients often contact them as a family is preparing to transfer here. Morrison and Johnson then begin working their case ahead of time, setting up such things as priority placements in housing, priority child-care, schools, etc. They also arrange for the specialists they need to see. All this is to smooth the transition of these families who are already dealing with incredible challenges.

The majority of Morrison and Johnson's cases have to do with speech therapy,

physical and occupational therapy or developmental delays but they see children with all kinds of serious health issues. For instance, they're currently managing a baby who's having a cardiology work-up and may require a transplant or surgical repair.

Many cases require treatment at civilian hospitals or referral to outside providers and involve myriad outside agencies and specialists from rehabilitation clinics to physical and occupational therapy clinics. Even after these cases are referred out they continue to be managed by Morrison and Johnson.

While the program is still getting off the ground, Morrison said she's already seen a tremendous demand for their services and she and Johnson are constantly striving to find new ways to improve service to their patients. For instance, they are setting up support groups for children with special needs as well as for the siblings of these children. Thanks to their efforts, Morrison said that it seems that patients are getting more of their therapies set up and authorized with various agencies, clinics and treatment facilities. They also remain in therapy more consistently due to the help they receive through case management.

Assignment of a case manager is usually done by Primary Care Manager (PCM) referral although self-referral is also an option. Only patients who have TRICARE Prime or TRICARE Plus and Active Duty personnel with very complex conditions or situations qualify for case management. These may be of a medical, social, financial or mental health nature. Patient participation is voluntary and the service is free. For information on this program contact your Primary Care Manager or Mrs. White at 542-7675.

NAVHOSP JAX: Dual role includes deployment

From Page 1

Capt. John Sentell, who commands the Fleet Hospital, said that if called up to support the Fleet the members of this platform would man a 500-bed 32-acre hospital in theatre that would provide complete broad spectrum surgery and medical care. The bulk of the Fleet Hospital's personnel would come from Naval Hospital Jacksonville augmented by personnel from Naval Hospital Portsmouth, Va. and Naval Hospital Charleston, S.C.

In preparation for possible orders to deploy, a brief was conducted Jan. 13 for deployable personnel and their families. After opening remarks by Naval Hospital Jacksonville Commanding Officer Capt. Ralph Lockhart, representatives from several hospital and NAS Jacksonville services provided valuable information to the Navv families.

The hospital's chaplains distributed religious packets individualized to followers of all the major religions. The Fleet and Family Support Center provided booklets that included a valuable checklist and a synopsis of all the programs the Center provides families during pre-deployment, deployment and post-deployment phases of the evolution. The Navy and Marine Corps Relief Society advised the service members and their families on financial issues, including where to turn for financial assistance and where not to turn (pay day loan companies). Legal also was there with information on availability of legal services for both the deploying members and for their families during the deployment. In addition, the families were given cards with contact numbers for the hospital quarterdeck and the command ombudsmen. The ombudsmen would serve as the primary conduits between the families, the chain of command and the deployed service members during the deployment.

Cmdr. Barbara Klus, assistant officer-in-charge at BMC NAS Jax, said, "The brief provided excellent information for the service members and their families." She pointed out that it is the family members who often endure the most hardship. "We get to go do what we're trained to do," she explained. "They have to stay and deal with everything else, the car breaking down, kids getting sick, all the things that magically fall apart as soon as a spouse isn't there. This was a great reinforcement to let them know they're not alone. There are plenty of resources available. All you have to do is ask."

Hospital leadership has planned ahead to continue uninterrupted health care services to those who depend upon the hospital and its branch clinics for care.

Lockhart said, "Naval Hospital Jacksonville is absolutely up to the challenge of providing top-notch care at home while supporting our deployed forces at the tip of the spear." He added, "This is what we're here for, what we're trained for and what we will deliver." Naval Hospital Jacksonville has a deep bench to draw from. We have an outstanding staff of military, civil service, contractor personnel and volunteers who will continue to deliver outstanding family centered care here at home. And if called upon our platforms will take that same level of support to the battlefield. The glue that holds us together is teamwork. Military officer and enlisted, active duty and reservists, civilian general service and wage grade, contract employees and volunteers working together shoulder to shoulder on our health care team to accomplish our common purpose."

The first priority Lockhart said will be to answer the bell, to deploy with military forces worldwide to sustain and, if need be, restore their health. At the same time, even if a significant number of staff members deploy, we

 1600 Pierce Street
Denver, CO 80214
800-321-1557
www.amc.org
a CPC participant
PROVIDED AS A PUBLIC SERVICE



February 2003
Aerobic And Strength
Training Exercise Classes



AEROBICS:
February 5
0830-0940



STRENGTH TRAINING:
February 11
1430-1515

ACTIVE WEAR ATTIRE FOR BOTH CLASSES
Classes Start At The Wellness Center

Call 542-5262

100

MWR NOTES

Mulligan's Bowl Bash slated

Complimentary munchies and special beverage pricing while you watch football on the big screen TV.
Jan. 26 - Super Bowl Golf Tournament, 9 a.m. shotgun start, \$50 entry fee. A special program will be held on Saturday night.
Jan. 26 - Mulligans Big Screen TV Super Bowl Party, 6 p.m. offering free food.

NAS Freedom Lanes offers great deals

Bowl for only \$2 per game before 5 p.m. and only \$2.50 per game after 5 p.m. weekdays.
Rent-A-Lane specials are offered Tuesday's starting at 5 p.m. for \$12 per lane, per hour or \$32 for three hours. Shoe rental is \$1.65. Wednesdays are Active Duty Appreciation Day – all active duty may bowl up to two free games.
Enjoy Xtreme Cosmic Bowling every Saturday from 4-6 p.m. for \$24.95 per lane with four shoe rentals and Sunday from 8 p.m. to midnight for \$10 per person.
Reservations are accepted for the 4 p.m. and 8 p.m. start. Any lanes reserved must be paid 30 minutes prior to the start or lane will be turned over to the waiting list. You may call ahead and pay with credit card.
Call the center for the event schedule at 542-3493

NAS Jax Golf Club event

Check out the NAS Jax Golf Club Super Bowl tournament on Jan. 26 at 12:30 p.m. A steak dinner will follow the event. The entry fee is \$50 per person and includes range balls, golf, dinner and a prize purse.

The deadline to enter is Jan 24. Entries must be accompanied by payment to be accepted.

What's happening for kids?

Dance classes and Tae Kwon Do classes are available at the NAS Jax Youth Gym and Yellow Water Youth Activities. If you are interested in registering your child, stop by either center or give us a call at 778-9772 (NAS Jax) or 777-8247 (Yellow Water).

Let the Delivery Zone bring meals to you

Can't get away from the office? Live on base? Having an office party? Call the Delivery Zone and let us bring the food to you. We deliver free anywhere on base and have a wide variety of pizzas, subs, salads, sandwiches, wings, appetizers and more on our menu. To place an order call 542-3900.

January Liberty events

We're starting a T-shirt design contest. Come by the Liberty Recreation Center to get more details.
Tonight - Jacksonville University Dolphins vs. Campbell at 7 p.m. The van leaves at 5:30 p.m.
Jan. 26 – Super Bowl Party 5-8 p.m. Enjoy free food and prizes and a squares tournament.
Jan. 28 - Free Comedy Zone trip. Participants must be 21 and on active duty. The van leaves at 7:30 p.m.
Jan. 29 - Bowling tournament. Free food at 6 p.m. and play begins at 7 p.m. This tournament is for active duty only. Winners will

receive prizes.
Jan. 31 – Final day for T-shirt Logo Contest. The winner will be announced at the February Indoc Barbeque and receives a prize package worth \$100.
For more information, call 542-3491.

Brew house specials

Super Bowl fans - put your game faces on for a weekend of Super Bowl action. The Budweiser Brew House and the Chief Petty Officers' Club will be hosting Super Bowl parties on Jan. 26. There'll be food and beverage specials available.
The Brew House has Karaoke every Wednesday evening from 7-10 p.m. through February. Put your voice to the test. See if you can rate as the best vocalist of NAS Jax. Bring your buddies to help root you on to victory.

Treat yourself through I.T.T.

You deserve a vacation, stop by I.T.T. and sign up for one of the many trips on the calendar.
For more information, call 542-3318 or stop in our office located adjacent to the Navy Exchange. Trips are open to all base personnel and their guests.

Saturday – Jekyll Island Tour of Homes. Spend the day exploring the island. Visit the Jekyll Island Club, Moss Cottage, Faith Chapel and more. All for only \$11.75.

Feb. 1 – Mt. Dora Art and War Trip - Shop till you drop. Then step back in time for a visit to the Civil War camp. Relive history to see America's beginnings, followed by the largest Civil War reenactment in Florida. The cost is \$17.75 per person.

Feb. 15 – River Ship Romance Tour - Treat your sweet heart to a three-hour luncheon cruise in Sanford, Fla. Enjoy lunch, then dance to live music, or just relax and watch the river flow by. We will also have some time for antique shopping in the City of Sanford. The cost is \$45.75 per person.

Feb. 16 – Silver Spurs Rodeo and Osceola Country Fair – The cost is \$32.50 for adults and \$26.50 for children (3-11). Transportation and all entrance fees are included.

Valentine's vacation packages

Enter to win an Armed Forces Vacation Club vacation and up to \$1000 travel reimbursement. Just come by I.T.T. and fill out an official Valentine's Vacation entry form. The entry must be received by Feb. 13. The drawing will be on Feb. 14. The winner has one full year to set up his or her own vacation. Check out the great deals at the vacation club at www.afvclub.com.

Sleuth's Mystery Dinner Show

The MWR Information, Ticketing and Travel office and the River Cove Catering Center will be hosting the popular Orlando based Sleuth's Mystery Dinner Show on March. 28. The Watch for clues while on the edge of your seats as you try to solve an exciting whodunnit. Price per person is \$30.

Visit MWR online at www.nasjax.navy.mil and look for the tab marked MWR this is your tour to unlimited fun. For questions or comments e-mail us at mwrnktg@nasjax.navy.mil.

MOAA installs new officers



Photo by Charlotte Timm Hill

Retired Vice Adm. Norbert Ryan Jr. (left) installs the Military Officer's Association of America (MOAA) Northeast Chapter new president, retired Rear Adm. John Moriarty during a recent ceremony at the River Cove Officer's Club at NAS Jacksonville. Ryan installed five new officers and seven directors during the event.

Naval Hospital Jax OB/GYN announces pregnancy classes

From NavHosp Jax Public Affairs

Naval Hospital Jacksonville is committed to providing the best in obstetrics care for expectant families through every stage of their pregnancy, delivery and follow-up care. To give expectant families the best possible support the OB/GYN and Family Practice Clinics offer the following classes at Naval Hospital Jacksonville through 2003:

New OB Orientation

Jan. 27, Feb. 14, March 10&31, April 21, May 12, June 9&30, July 21, Aug. 11, Sept. 8, Oct. 10, Nov. 3, Dec. 1 — 8:30-11 a.m.

Second Trimester

Feb. 10, March 3, April 14, May 5, June 23, July 7, Aug. 4, Sept. 15, Oct. 6, Nov. 17, Dec. 15 — 8:30-11 a.m.

Third Trimester

Jan. 27, Feb. 10, March 3&31, April 14, May 12&30, June 9, July 7&21, Aug. 11, Sept. 8, Oct. 6, Nov. 3&17, Dec. 1&15 — 1-4 p.m.

Feb. 19, April 30, Aug. 25, Oct. 22 — 6-8:30 p.m.

June 23 — 6-9 p.m.

Attendance is by appointment only. Patients may register for the above classes by calling Central Appointments at 542-HOSP.

Baby Boot Camp I

Feb. 24, March 17, April 7, May 9, June 16, July 14, Aug. 18, Sept. 19, Oct. 20, Nov. 10, Dec. 8 — 8 a.m. - noon.

Baby Boot Camp II

March 21, May 23, July 18, Sept. 26, Nov. 14 — 9 a.m. - noon.

(This class meets in the OB Conference Room, first floor.)

Prepared Child Birth Class

Once a month on Saturday, dates vary. Call Alisa Davis, RN, 542-7428.

Attendance is by appointment only. Register by calling the OB/GYN Clinic, 542-7412/7421.

Classes are 8 a.m. -noon in the hospital's second deck conference room.



HELPING HANDS

Science Fair volunteers needed

Northeast Florida Kiwanis Regional Science and Engineering Fair is Feb. 24-27.
The Kiwanis Club is looking for volunteers to assist with a wide variety of duties, including judging, for their 48th Annual Regional Science and Engineering Fair at the Jacksonville Fairgrounds.

Science projects will cover behavioral and social sciences, biochemistry; botany; chemistry; computer science; earth and space sciences; engineering; environmental sciences; mathematics; medicine and health; microbiology; physics and zoology.

Dozens of volunteers are needed to help out on the following dates and times with everything from fair set-up and registration to judging entries and breakdown duties.

For more information or to register go to www.kiwanissciencefair.org/index2.htm and click on the "Volunteers" or "Judges" link or call ATCS Futch at 270-6624/7725.

Putnam Regional Science and Engineering Fair

Communities-In-Schools of Putnam County is looking for volunteers to be judges in any of the above 13 project areas, plus gerontology, on Feb. 5 from 8 a.m. to

2:30 p.m. at the Palatka Mall. For more information or to sign up, call at 328-8875.

Urban Tree Rangers wanted

Join Greenscape of Jacksonville on Feb. 8, from 8 a.m. to noon in beautifying Jacksonville. Urban Tree Rangers return to the urban forest created by Greenscape at the foot of the Mathews Bridge near Alltel Stadium. Minimum age requirement is 16. Contact Bonnie Hilton or Anna Dooley 398-5757 for more information.

Scottish Highland Games

Come celebrate and experience the Scottish culture and traditions. Volunteers are wanted to assist with this event in many ways:

Feb. 21 - Volunteers are wanted in four-hour blocks or all day between 8 a.m. to 5 p.m. to help set-up for the event. Please bring gloves and wear a hat. Help is needed to set up tables, tents, chairs and booth areas. Full day workers receive free admission to the games on Saturday.

Feb. 22 - Volunteers are wanted to sell event day programs from 8 a.m. to 5:30 p.m., whole day or half-day blocks for large groups. Successful volunteer groups will receive donation to their organization depending on total sales.

Feb. 23 – Help is needed to break down

starting at 9 a.m. Volunteers are wanted in four- hour block scheduling.

The minimum age required is 15. Water and PowerAde will be furnished for all volunteers.

Contact Janet Gervin at 646-0199 Ext. 1772 or bgervin@bellsouth.net for more information.

Naval Hospital Red Cross seeks shuttle volunteers

Red Cross volunteers operate the Naval Hospital's visitor's parking lot shuttle cart service. The service will soon expand to include a second shuttle cart and will also begin operating both mornings and afternoons.

The Red Cross is currently taking applications for additional volunteers to serve as drivers for the shuttle carts. The only requirements for shuttle cart drivers are that the person be outgoing, eager to help and possess a current Florida driver's license.

Volunteers are also needed to work other areas in the hospital such as at reception desks greeting and providing information for hospital guests. For information and applications for any of the Naval Hospital Red Cross volunteer opportunities call 542-7525.

JAX TALES

By Mike Jones

www.rickystour.com

COMMUNITY CALENDAR

The Navy Wives Club of America, NWCA Jax No. 86, meets the first Wednesday of every month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information call the Thrift Shop at 772-0242 or President Barbara Howard at 471-1444.

The Navy Wives Club's DID No. 300 will be held the second Thursday of each month. Our new meeting place is the Oak Crest United Methodist Church, Education Building 5900, Ricker Road, starting at 7 p.m. This month two projects are planned – fuzzy-feet slippers and blankets for hospitalized children. For more information call 387-4332 or 272-9489.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting, the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information call 276-9415.

Submarine Sailors - If you have qualified on a United States Navy submarine in the past or present you are invited to join "First Coast Sub Vets." If you have qualified on a submarine from a foreign country, you are invited to join as an associate member. Meetings are held the second Saturday of each month at the American Legion Post 316 on Atlantic Blvd. For more information contact the Base Commander at rjr-jax@attbi.com or 241-6222.

The Marine Corps League, Jacksonville Detachment holds their monthly meeting the first Thursday of the month at 7:30 p.m. at the Marine Corps Recruiting Station at 3728 Phillips Highway, Suite 229. For more information call John Leisman at 779-7375.

Girl Scout Troop 333 meets every Wednesday from 7-8:30 p.m. at NAS Jacksonville Chapel Annex. All girls grade 4-6 are invited, adults are also needed. If interested contact Lynne Sebring at 317-2363 or come to the meetings.

St. Joseph's New Directions is a year-round support group for the divorced and separated. Meetings are held the second and fourth Wednesday of every month. The meetings start at 6:45 p.m. and are held in the Convent at St. Joseph's main church on Loretto Road. Call 268-1591.

Christian Fellowship Night will be held behind the Chapel in Bldg. 749 from 6:30 – 9 p.m. every Tuesday night. For more information call 542-3051.

Association of Aviation Ordnance-men's meeting is held the third Thursday of each month at the Fleet Reserve Center on Collins Road. For more information, call AOC Chris Johnson at 542-2168 or AOCS Erick Parnley at 542-8589.

VS-30/VS-801 will hold their 50th Anniversary Celebration March 12-15, 2003 (in conjunction with Viking Week East) in Jacksonville. Contact: Lt. D.B. Waidelich at 542-8546 or email waidelichdb@vs30.navy.mil. Anyone searching for memorabilia and history should contact Cmdr. Ruth at ruthda@csowl.navy.mil.

The 60th Anniversary Jolly Roger Reunion (1943-2003) will be held May 15-17, 2003 at NAS Oceania, Va. For more information, e-mail reunion@vf103.navy.mil or call (757) 433-5833.

The annual VP-24 Reunion is scheduled for Oct. 24-26 at NAS Jacksonville. For more information, write Don Hall, 2003 Jax Reunion Host, 4421 Commons Dr. East, #413, Destin, Fla. 32541 or email djhdestin@cox.net.

NNOA all geared up for new year

From NNOA

The National Naval Officers Association (NNOA) is an organization sanctioned by the secretaries of the Navy and Transportation Department. Membership is composed of active duty, reserve, and retired officers of the Navy, Marine Corps and Coast Guard, and encompasses all rank and ethnic groups.

Its purpose is to support the mission of the naval services of the United States by improving and assisting in minority recruitment; identifying minority problem areas and bringing them to the attention

of cognizant authorities; encouraging maximum minority participation in all areas of the naval services and related military organizations; promoting camaraderie among members and assisting in establishing and maintaining a positive image of the naval service in minority communities.

The Jacksonville Chapter meets on the third Thursday of each month at 5:30 p.m. in the Jacksonville Urban League Building at 903 West Union Street. For more information, call Lt. Herlena Washington at 696-5005 or email washingtonHO@mat-combic.usmc.mil.

Meal hours
Monday through Friday
Breakfast 6 to 7:30 a.m.
Lunch 11 a.m. to 1 p.m.
Dinner 4:30 to 6 p.m.
Saturday, Sunday and holidays:
Breakfast 6:30 to 8:30 a.m.
Brunch 10:30 a.m. to 12:30 p.m.
Dinner 4 to 5:30 p.m.

Meal costs
Breakfast \$1.60
Brunch/Lunch \$3.25
Dinner \$3.25
Note: The food service officer is authorized to make changes to the menu to provide substitutions for food items not in stock or to permit timely use of perishable stocks.

Thursday Breakfast
Sausage Patties
Home Fried Potatoes
Blueberry Pancakes
Assorted omelets
Corned beef hash
Boiled eggs

Lunch
Creole macaroni
Buttered noodles
Steamed carrot rings
Corn bread
Turkey a la king
Fresh mashed potatoes
Beef barley soup

Dinner
Mexican/Spanish Fiesta
Beef & burritos
Mexican rice
Spanish soup
Soft & hard tacos
O'Brien potatoes

Friday Breakfast
Sausage links
Omelets and eggs to order
Boiled eggs
Grilled ham slices
Fried hash browns
Oatmeal
Waffles

Lunch
Spicy baked fish
Steamed rice
Chicken fried steak
Rissolo potatoes
Clam chowder

Dinner
Braised beef w/noodles
Baked potato
Pepper pot soup
Rock Cornish hens
Rice pilaf

Saturday Breakfast
Grilled bacon
Cottage fried potatoes
French toast puffs
Omelets and eggs to order
Minced beef w/toast

Brunch
Baked chicken sandwich
Beef rice soup
Cottage fried potatoes
French toast puffs
Onion rings
French fried potatoes
Grilled bacon

Dinner
Spaghetti w/meat sauce
Steamed carrots
Doubly good chicken soup
Veal Parmesan
O'Brien potatoes

Sunday Breakfast
Grilled bacon
Home fried potatoes
Apple fritters
Omelets and eggs to order
Grits

Brunch
Chili dogs
Cream of mushroom soup
Home fried potatoes
Apple fritters
French fried potatoes
Baked beans
Minute steaks

Dinner
Barbecue chicken
Rice pilaf
Beef balls Stroganoff
Oven browned potatoes
Chicken corn chowder

Monday Breakfast
Corned beef hash
Cottage fried potatoes
Pancakes
Omelets and eggs to order
Oven fried bacon

Lunch
Beef lasagna
Lyonnaise rice
Beef noodle soup
Lemon baked fish
Buttered noodles

Dinner
Salmon cakes
Oven-glo potatoes
Chili conquistador
New England fish chowder

Tuesday Breakfast
Oven fried bacon
Hash brown potatoes
Boiled eggs
Creamed beef w/toast
Oatmeal

Omelets and eggs to order

Lunch
Beef stew
Steamed egg noodles
Oven fried chicken
Chicken gumbo soup

Dinner
Pepper steak
Steamed rice
Cream of potato soup
Baked fish portions
Cottage fried potatoes

Wednesday Breakfast
Oven baked sausage links
Hash brown potatoes
Blueberry pancakes
Omelets and eggs to order
Minced beef w/toast

Lunch
Roast turkey
Mashed potatoes
Beef vegetable soup
Corn bread dressing
Swedish meatballs

Dinner
Grilled hamburger steak
Potatoes au gratin
Pork chop suey

JAX SPORTS NEWS

Sports officials and scorekeepers needed

The North Florida Military Officials Association is looking for people to officiate soccer, softball, football, and volleyball at NAS Jax. Scorekeepers are also needed for basketball. Experience is not required. If interested, contact Al Vandercar at 282-0809.

Racquetball tourney slated

A Men's and Women's Racquetball Tournament will be held Jan. 27-31 at 5 p.m. at the gym. The tournament is free and open to NAS Jax active duty men. This is a Captain's Cup event and a qualifier for the South Atlantic Regional Sports Racquetball Tournament held in February. There are two men's divisions: open (ages 34 and under), and seniors (ages 35 and up). Sign up at the gym by Jan. 21.

Intramural soccer meeting planned

This league is open to all NAS Jax active duty commands and personnel. An organizational meeting will be held Feb. 5 at 11:30 a.m. in the Building 590 conference room to discuss rules and to receive the required paperwork to join league. The season begins in March and games will be played in the evening. Command athletic officer's or their designated representatives and all interested personnel should attend the meeting.

Greybeard softball league begins in March

The Greybeard league is open to all NAS Jax active duty commands and personnel ages 32 and above. A meeting will be held Feb. 19 in the Building 590 conference room at 11:30 a.m. to discuss rules and to get the required paperwork to join the league. The season begins in March and games will be played on Tuesdays and Thursdays at 11:30 a.m. All interested personnel should attend the meeting.

Intramural softball starting

The Intramural league is open to all NAS Jax active duty commands and personnel. An organization meeting will be held Feb. 19 in the Building 590 conference room at noon to discuss rules and to get the required paperwork to join the league. The season begins in March and games will be played on Tuesdays and Thursdays at 5:30 p.m. and 6:45 p.m.

Women's softball meeting slated

The women's league is open to all NAS Jax active duty, dependents over 18, retirees, and

DoD civilians. This meeting will be held Feb. 19 in the Building 590 conference room at 12:30 p.m. to discuss rules and to get the required paperwork to join the league. The season begins in March. Command athletic officer's or their designated representatives and all interested personnel should attend the meeting.

Open softball to begin

This league is open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. A meeting will be held Feb. 20 at Mulligans at 4 p.m. The season begins in March and games will be played on Tuesdays and Thursdays at 4:30 p.m. All interested personnel should attend the meeting.

Navy Southeast Regional Running and Triathlon Team

Attention competition runners - represent the Navy in 5K, 10K, marathons, and/or triathlons. The Navy will showcase elite active duty men and women in regional races. Uniforms are provided, as well as, transportation, entry fees, and lodging costs.

Interested runners must compete in sanctioned (USA Track and Field, USA Triathlon Association, or Roadrunners Clubs of America) races and your time must be one of top ten regional qualifying times. If you have run in sanctioned race and your time meets regional qualifying time, contact your base athletic director.

| Qualifying times | | |
|--|------------|-------------|
| 5K | Men 19:00 | Women 24:00 |
| 10K | Men 34:00 | Women 46:00 |
| Marathon | Men 3H 30M | Women 4H |
| Triathlon | Men 2H 30M | Women 3H |
| Triathlon time based on 1.5K swim, 10K run, 40K bike | | |

For more information about any of the sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2930/3239 or e-mail us at dbonser@nasjax.navy.mil or dgorman@nasjax.navy.mil.



DON'T MISS AN ISSUE!


PICK US UP EVERY THURSDAY!

STOP SMOKING NOW!

Using **Nyctosis**



January 28, 2003
1200-1300



Veterans Center
NAS Jacksonville, FL
Call 542-5192 or
B. M. Winstead@usmcajax.mil